

Mitchell Gymnastics Calendar of Events-Session #3

April 29th-June 22nd

<u>Class Dates—2024</u> <u>April 29th-June 22nd</u>	<u>Theme</u>	<u>Feature Skills</u>
April 29 th -May 4 th	Orientation & Safety Week -Get to know your Coaches, the gym space and the rules and tricks to keep you safe in the gym. This is when we go through basic skills to assess class abilities to plan for remainder of session	Jumps, stick landings & dismounts, hangs & swings, TA DA finishes, controlled jumps, front support on bars to cast dismount
May 6 th -11 th	Space Week - come to have some gymnastics fun that is out of this world. Wear silver or gold if you have any	Up & Down, upside down, tripod balance, small spotted headstands against the wall, consecutive jumps, shaped jumps, review jump land roll (from a rebound), hurdles & rebound, headstands using wall, headstands, straddle up to headstand, hurdles to vaulting jumps, runs off of & up to heights
May 13 th -18 th	Jungle/Animal -wear something with an animal and/or animal print on it and bring your favourite stuffed animal to class (please put your name on the tag)	Hangs, grip changes, beat swings, long hang swings, glide swings, under swings, under swing to roll, small dive rolls, puck handstand to roll, donkey kick to roll, inverted hangs
Monday, May 20th	NO GYMNASTICS FOR VICTORIA DAY CLUB CLOSED	
May 20 th -25 th	PJ Week - wear your favourite gymnastics safe pj's to class (make sure your feet are covered)	Backwards, front & back, rocking, rock backwards, backward rolls, jump backwards, review log rolls, fall backwards, jump backwards off of heights, jump backward to roll, spotted pullovers
May 27 th -June 1 st	Alphabet & Number Week -wear something with letters and numbers on it if you can. Come prepared to do lots of repetitions	Body awareness, stretch & strong, multiple rolls, cartwheels, leg & toe touches, skin the cat, inverted hangs in L, V & pike, multiple shape jumps, hurdles, rebounds, vaulting jumps
June 3 rd -8 th	Dinosaur Week -wear something with a dinosaur on it if you have something and have some fun with dinosaurs in the gym	Dynamic balances, swings & hangs, grip changes, long hang swings, under swing to roll, combination of swings, dynamic balance in different directions, balances on different heights, surfaces and angles
June 10 th -15 th	Super Hero & Princess Week-	Stretch & strong, body part awareness continued, handstand and front supports, handstand against wall, donkey kicks, casts, mini snap downs, cartwheel to handstand against wall, lunge & kick to handstand
June 16 th -27 th	Country Fair & Rodeo -break out your country plaid and rodeo gear if you have something you can wear to do gymnastics in	Session Review